

# Eat Smart: Fruit & Vegetable Challenge!

## Newsletter Volume 2



Welcome to week two of the Fruits and Vegetables Challenge! You don't always have to rely on fresh produce to get your Challenge points. With fruits and vegetables, more matters—that means more fresh, frozen, canned or dried. Use the following tips to help you eat more delicious, nutritious fruits and vegetables.

### Tip of the Week

#### All Forms and Fruits and Vegetables Count

As you cruise the grocery aisles, remember **all forms count**. Pick up fruits and veggies throughout the store; it's okay to grab canned and frozen. Try dried as well! And of course, 100% juice. It's easier to use more fruits and vegetables when you have them on hand, so make the most of those aisles.

**Don't spoil your week when it's just beginning:** Prevent early spoilage by using perishable produce at the beginning of the week and frozen or canned selections at the end.

**Buy in season.** Although most fresh fruits and vegetables are available year-round, some are less expensive when they are in season.

**Buy more.** When there are specials on fruits and vegetables, buy extra. They can be frozen, or you can prepare a dish to *be* frozen for a busy night's dinner.

But, of course, don't buy it if you won't use it or you'll just be tossing money in the garbage.

**Learn to store your purchases.** Make sure to research the best way to store each fruit and vegetable to prevent spoilage when you bring it home.

**Read the circular** and plan your meals for the week based on what's in season. Be prepared with a list so you only buy what you need.



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